



LUNCH CAFETERIA MENU - 2018 Week commencing 26th November



Monday 26th November	Tuesday 27th November	Wednesday 28th November	Thursday 29th November	Friday 30th November	Saturday 01st December	Sunday 02nd December
Meat Options	Meat Options	Meat Options	Meat Options	Meat Options	Meat Options	Meat Options
Lamb Moussaka	Japanese Ramen Noodles with Soy Poached Chicken	Slow Braised Beef Stew With , Baby Onions , Mushrooms	Slow Roast Shoulder of Pork with Apple sauce	Catch of the day	St Catz Cheese Burger	
Tandoori Spiced Chicken on Pitta with Raita	Breaded Pork With Coleslaw & Spicy Salsa	Moroccan Chicken on Flatbread with Tomato Salsa & Yoghurt Dressing	Smokey Bacon & Chicken Carbonara with Parmesan	Deep South Chicken With Sticky Glaze	Pork Chop with Mozzarella & Bacon	
Quorn Moussaka	Japanese Ramen Noodles with Spicy Egg	Feta Mint & Pea Fritarta with Tomato Chutney	Nut Roast with Redcurrants & Cashews	Sun Blushed Tomato, Artichoke & Edamame Bean Pasta	Falafel with Avacardo Salad on Pitta Bread	
Fish of the day	Fish of the day	Fish of the day	Fish of the day	Fish of the day	Fish of the day	
Asian, Gluten free Option	Asian, Gluten free Option	Asian, Gluten free Option	Asian, Gluten free Option	Asian, Gluten free Option	Asian, Gluten free Option	
Green Thai Sweet Potato Curry	Pan fried Tofu with Spiced Black Eyed Beans	Vegetable Chow Mein with Edamne Beans	Hot and Sour Vegetable Broth with Tofu	Sweet & Sour Soy Stir Fry		Brunch
Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options
Brocoli	Pok Choi	Steamed Cauliflower	Sticky Braised Red Cabbage	Kale	Steamed Savoy Cabbage	
Roasted courgette's	Steamed Leeks	Thyme Roasted Butternut Squash	Roasted Celeriac	Streamed Carrots	Roasted beetroot	
Minted Peas	Broad Beans	Cannellini Beans in Tomato Sauce	Lemmon Dressed Green Beans	Peas	Baked Beans	
Daulphinoise	Sauté Potatoes	Horseradish Mash	Rosemary Roast Potatoes	Chips	Spicy Wedges	
Gluten free Pasta	Whole wheat Pasta	Gluten free Pasta	Whole wheat Pasta	Gluten free Pasta		
Steamed quinoa	Wild Rice	Cous Cous	Cracked Wheat	Steamed Rice		
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Cream of Celeriac	Barley Winter Broth	Spiced Butternut Squash Soup	Pea & Mint	Broccoli & Stilton	Curried Parsnip	BRUNCH



DINNER CAFETERIA MENU - 2018 Week commencing 26th November



Monday 26th November	Tuesday 27th November	Wednesday 28th November	Thursday 29th November	Friday 30th November	Saturday 01st December	Sunday 02nd December
Meat or Fish Options	Meat or Fish Options	Meat or Fish Options	Meat or Fish Options	Meat or Fish Options	Meat or Fish Options	Meat or Fish Options
Lamb Rogan Josh with Naan	Moroccan Spiced Chicken with Giant Cous Cous & Tzatziki	Cottage Pie	Chicken Thighs in Chasseur Sauce	Sweet & Sour Crispy Pork	Brazilian Style Grilled Lamb Steak	Roast Topside of Beef with Yorkshires and Gravy
Hot Roast Pork with Apple Sauce in a Wholegrain Bap	Balsamic Glazed Minute steak with Roasted Onion & Tomato	Oak Smoaked Pork Strogganoff	Cajun Breaded Pork with Chili Coleslaw	Jerk Chicken with Rice n Pea	Beef Spaghetti Bolognaise	Roast Turkey with Cranberry sauce and Gravy
Vegetable Sheppard's Pie	Gnocchi with Pomodoro & Basil	Vegetable Cottage Pie	Thai Red Vegetable and Tofu	Roasted Mediterranean Vegetables with Fresh Basil & Crème Freshe	Brazilian Feijoada Spicy Bean Stew	Butternut with Rosemary Risotto , Pumpkin Seed & Baby Spinach
Grilled fish of the day	Grilled fish of the day	Grilled fish of the day	Grilled fish of the day	Grilled fish of the day		
Vegan Option	Vegan Option	Vegan Option	Vegan Option	Vegan Option	Vegan Option	Vegan Option
Roasted Aubergine Curry with Naan	Aubergine and Chick Pea Penne with Harissa	Thai Sweet Potato and Bean Stew	Chick Pea Tagine	Stir Fried Vegetables with Tofu and Noodles	n/a	n/a
Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options
Sag Alou	Broccoli	Kale	Sautéed Savoy Cabbage	Cauliflower	Braised Red Cabbage	Broccoli
Thyme Roasted Courgette	Crushed Buttered Swede	Steamed Carrot	Rosemary Roasted Butternut	Balsamic Roasted Beetroot	Roasted Celeric	Sautéed Leeks
Sauté Potatoes	Rosemary Roasted New Potatoes	Spicy Wedges	Butter Mashed Potatoes	Lyonnais Potatoes	Chips	Steamed New Potatoes
Steamed Rice	Green Quinoa	Cous Cous	Brown Rice	Cracked Wheat		